

# Abstract

**Title:** A support exercise program for the reduction of children's obesity

**Goals:** The goal of this master thesis is to outline and realize some support exercise program for elementary school children who have diagnosis of overweight and obesity. This program will be held in a medical institution Dr. L. Filipa, Lázně Poděbrady. The effectiveness of the program will be tested by anthropometric parameters.

**Methods:** The program was held from 26.3. – 22.4. 2014. The intervened group contained 12 participants, 6 boys and 6 girls, between 10 – 12 years old. The measurement of the anthropometric indicators was made by bioelectrical impedance analysis. The abdomen circumference was measured by a measuring-tape.

**Results:** The support exercise program had a positive impact for the reduction of the children's obesity. The average loss of the weight at the intervened group was 4,4 kg, the BMI was reduced about 1, 8 kg/m<sup>2</sup>. The body fat was reduced about 3,1 %, the abdomen circumference was reduced about 5, 7 cm and the muscle mass increased about 1,7 %. The program had a positive reply and helped children to create more positive relation toward physical activity.

**Key words:** obesity in children, physical activity, exercise program, elementary school children, weight, BMI, body fat.